

1875-6

NORTH MOUNTAIN SCHOOL

OF

Physical Culture


DR. J. T. ROTHROCK, Principal.



WILKES-BARRE:

RECORD OF THE TIMES STEAM PRESS.

1876.



NORTH MOUNTAIN SCHOOL

OF

PHYSICAL CULTURE.

It is a conceded fact that our boys between the ages of twelve and eighteen are often the victims of too much mental work and too little out-door life. The tendency of modern culture is to enrich the mind, even if it does impoverish the body. The ordinary vacation, in so far from refreshing and building up the lad, too frequently sends him back to his studies physically the worse for his excesses, or his want of systematic exercise. There has been for him no judicious open air occupation to divert him into new lines of thought, or new habits of life, affording thus rest of mind and health of body. Hence, at the most critical period of life, when the final stamp of physical vigor should be impressed upon him, he is placed upon the list of perpetual invalids, with little hope that he will ever be strong except by the intervention of some physiological or hygienic miracle.

The consequence of this unnatural boyhood is seen in the thousands of young men who, with impaired constitutions, are utterly unable to complete their college studies, or enter successfully the vocations they have chosen for a life work.

WHAT IS THE REMEDY?

Dr. S. Weir Mitchell has pointedly stated it in a remarkable article, which was entitled *Camp Cure*, and published in Lippincott's Magazine for August, 1874. He says: "This is to be had by long rest, and a healthful change for a time in the mode of living." "Wont to live in a house, he (the invalid) shall live in a tent." "He shall replace the demon furnace in the cellar, with its breath of baked air," "by finding warmth in the ruby wealth of roaring logs." "His shall be the daily plunge in lake or river, and the intense, eager hungriness which has no quarrel with the *menu* of wood or stream"; in a word he urges a return "for a time" to primitive life in camp amid deep forests.

The question may be put: is there no danger in the abrupt transition here proposed from the luxuries and comforts of home to the exposure of camp? To this there can be no more fitting answer given than that of the eminent physician from whose writings I have already quoted. "In our common every-day life of house and street we practically change our climate whenever we leave or enter a house, and from this, with overheating of our homes, come, I suspect, the many little colds and nasal catarrhs to which most of us are liable. The dweller in tents has no such annoyance, and far from the constant exposure giving rise to diseases of lung or throat, the outdoor life seems to be an almost absolute insurance against these."

It may not be out of place for me to state, that after a somewhat varied experience in almost every climate on our continent, in association with camping parties, I have never known any one, *even the most delicate*, who has been in the least degree injured by such a mode of life.

In view of these facts, and at the suggestion of others, I propose to establish a CAMP FOR PHYSICAL CULTURE at North Mountain, Luzerne County, Pennsylvania. It will be open June 15th and close October 15th, 1876. As a rule, boys from twelve to eighteen years of age only will be admitted; though in exceptional cases it may be found proper to accept others.

LOCATION.

The location is supposed to be one especially suitable to the ends to be accomplished. The altitude is over two thousand feet above the sea level. It is in the midst of one of the largest primeval forests yet remaining in the state; remote from any town, and hence exempt from the usual sources of temptation. The camp will overlook a beautiful mountain lake, which will furnish abundant opportunity to learn swimming and rowing. The place is also readily accessible by railroad and wagon road. It is well known as a popular resort, where, without great expense or ostentation, the months of summer may be spent pleasantly and healthfully.

THE PROPOSED CAMP LIFE.

As the camp is to be *in the main* a continuous one for four months, it has been thought desirable to have a more permanent shelter than tents would afford, yet one with all their hygienic advantages. Barracks will therefore be erected in which the occupants will be raised off the ground and protected from rain storms, at the same time allowing free access of air on all sides. "Double bunks" will be placed in the building. It is best that blankets alone constitute the bedding; thus discarding all mattresses.

There will be no attempt at display, nor anything that is not necessary to the health of the pupils, as the ruling idea

is to change the entire mode of life so far as possible. At the same time every encouragement will be given to the boys themselves to decorate their quarters with the productions of the neighboring forests and by the exercise of their own taste.

FOOD.

The food will be plain, nutritious and without luxury ; consisting principally of fresh meats, and the ordinary vegetables. Preparations of corn - meal, oat - meal and cracked wheat will enter largely into the diet. I am thus explicit, to prevent any misconception as to the nature of the fare that will be furnished, and have it understood that preserves, pastries, etc., will neither be furnished nor allowed. The numberless pains and discomforts of dyspepsia are not to be invited into camp.

DISCIPLINE.

The effort will be made to have the mutual confidence and personal friendship of home life pervade the entire camp. So that what is right will be done willingly, rather than mar the comfort of all. This principle is no longer an experiment ! Boys are as a rule more amenable to such control than older persons. At the same time such rules as are necessary to the general good must be obeyed.

EXERCISES.

As the ideal of perfect health is neither that of high physical nor mental vigor alone, but a combination of the two, attention will be given to the cultivation of both.

To meet the first requirement there will be systematic exercises in walking, running, leaping, rowing, swimming, and the use of dumb-bells. Rope ladders, parallel bars, etc., will also be provided. It is to be borne in mind that mere strength is not health, and that in the excessive

gymnastic labor to gain the former, the latter may be immediately, or prospectively, sacrificed. No young constitution should be overtaxed physically. An effort will be made to be judicious, entering the citadel of health by gradual approaches, and not by storm.

There will be all fire-arms necessary in camp to allow constant practice in target shooting. Before the close of the term there will be opportunity for hunting, and earlier in the season good trout fishing may be had. With consent of parents and guardians boys may have their own guns on the ground, but these, when not in actual use, must be deposited with me, and are only to be used with my knowledge and consent. Experience has furnished ample evidence as to the necessity for such restriction.

To ensure health and comfort camp limits must be kept clean, and this the boys themselves will be expected to attend to.

All ordinary exercises will be suspended on Sabbath, and camp limits will then be observed. Instruction suitable to the day will be found.

To meet the second requirement, *i. e.*, mental culture, lectures and illustrations will be given, on how to meet emergencies likely to arise at any time in actual life—as, for example, how to stop bleeding vessels, how to resuscitate drowning persons, etc. Instruction in general hygiene will also be afforded. Besides this there will be lectures on the physical geography, geology, botany, general natural history and meteorology of the region. We will have meteorological and surveying instruments in camp, and the use of these will be taught in such a way as to combine pleasure and profit. Collecting objects of natural history

will be encouraged. Throughout, the teaching will be of a practical character, and such as in many respects is only to be had in camp.

Frequent excursions will be made to neighboring points of interest, and at proper times parties will be taken from the barracks into actual camp in the woods, by the trout streams and hunting grounds.

In whatever may be done an effort will be made to have each day's duties a source of genuine, hearty pleasure adapted to the dispositions of the boys. Difficult as such a task may seem, I am led to think it possible.

OUTFIT.

Each boy should be provided with two suits of *heavy, plain durable* clothing; a light felt hat; four flannel shirts; three pairs of flannel drawers, six pairs of stockings (woolen if he can wear them); one heavy pair of boots with low, broad heels, and larger than usual; one pair of light shoes; two *pairs* of heavy blankets similar, if possible, to those used in the United States army; one rubber air pillow, or two pillow ticks (empty); one rubber blanket (made with a hole in the centre for the head); soap, towels, comb and brush, tooth-brush, with a small supply of stationery; thread, needles, buttons, etc. One of *Penny's Indelible Paper Memorandum* Books and a strong jack-knife should be added to the list; but have nothing that is not absolutely necessary. All articles of clothing should be distinctly marked with the name of the owner.

BOOKS.

As suitable (but not required) I will name:—Gray's Manual of Botany, Morse's Zoology, Dana's Smaller

Manual of Geology, Coues' Key to North American Birds, Loomis' Meteorology, and Dickens' Child's History of England: at the same time it is to be understood that any intense mental application will be discouraged. An effort will be made to instruct more by cultivating correct habits of observation than by actual study.

TERMS.

For the term the charge will be two hundred and fifty dollars, for boarding, washing, medical care and instruction. One-half to be paid on or before June 15th, the other on or before August 15th, 1876.

Parents desiring a brief absence of their sons to visit the Centennial Exhibition can have it; or if suitable arrangements can be made, a visit of all the boys together is contemplated; though as yet no definite statement can be made on this point.

It is desirable that all applications be made prior to May 15th, 1876.

For further information address

J. T. ROTHROCK, M. D.,

Wilkes-Barre, Penna.

TESTIMONIALS.

I am in hearty sympathy with the project of Dr. J. T. Rothrock, and believe it will prove a success. Parents may safely commit their children to his care and instruction.

GARRICK M. HARDING,
President Judge of the Eleventh Judicial District of Pennsylvania.

The establishment of a camp for *Physical Culture* commends itself as meeting an important and acknowledged want in our country; and from his general standing in this community for moral character and necessary intellectual qualifications, I should judge Dr. J. T. Rothrock to be admirably adapted for the supervision of such an institution.

HENRY L. JONES,
Rector of St. Stephen's Church, Wilkes-Barre, Pa.

In this community Dr. Rothrock is too well known to need commendation. To those not acquainted with him, I would state that he has, in my opinion, a rare combination of those qualities requisite in the work proposed above. He is a skillful physician, a cultivated scientist, an experienced mountain traveler, and withal he is fond of boys, and has to an unusual degree the faculty of interesting and instructing them. From my knowledge of him I feel that parents could not find a more careful and thoroughly trustworthy guardian of their boys during the summer months.

F. B. HODGE,
Pastor First Presbyterian Church, Wilkes-Barre, Pa.

The establishment of a school for physical culture by Dr. J. T. Rothrock will supply an educational want long experienced. As the exercises and course of instructions are confined to the summer months, usually given up to vacation amusements, it will not interfere materially with the pupil's regular course of study, and will serve to combine healthful recreation with instruction in subjects of great practical and scientific interest. The object proposed is good, the system sketched in the prospectus admirable, and the execution of the plan could not be entrusted to better hands. Dr. Rothrock's high moral character, his scientific attainments, his enthusiasm as a

naturalist, his medical skill and experience, his familiarity with, and enjoyment of camp life, his genial qualities which render his companionship, whether in the woods or in the social circle, an instructive enjoyment, fit him for the position and responsibilities he proposes to assume. Parents may entrust their children to his guardianship in full confidence that they will be conscientiously, kindly, pleasantly and profitably cared for.

EDMUND L. DANA,
Judge 11th Judicial District, Pa.

WILKES-BARRE, December 30th, 1875.

Learning of the proposed establishment upon a mountain summit in the vicinity, of the "North Mountain School of Physical Culture," I find myself impelled to volunteer a statement as to what I know of the originator of the novel and admirable plan of this school.

Dr. Rothrock is a gentleman of correct life and habits, absolute integrity and a chivalric sense of honor. He has succeeded in endearing himself to his medical bretheren and to the public by his skill as a Surgeon and Physician as well as by his personal qualities.

Cultivated in the classics and general literature; he has obtained special distinction in Botany and general Natural History. An enthusiast in the cause of Scientific Culture and Physical education of the young, he has, in a marked degree the ability to instruct, as well as to attract and entertain youthful aspirants for learning.

Expert and thoroughly trained in the use of arms, in gymnastic exercises and in all manly sports, he is well fitted to impart his knowledge of these to his pupils.

He is energetic and persevering, as he is enthusiastic, and will certainly carry out and fulfill any method or plan that he may propose.

Parents may commit their sons to Dr. Rothrock's charge with the assurance that they will be under a truly parental care and discipline, and that their moral and physical needs will be attended to as carefully as will their mental ones.

EDWARD R. MAYER, M. D.

1332 WALNUT STREET PHILADELPHIA, December 22nd, 1875.

MY DEAR DOCTOR:—I have read over your plan for a Camp School and am glad to say that it meets with my warmest approval and will

have from me the most cordial practical support. I have long felt the need of such an institution as you propose.

Very truly yours,

S. WEIR MITCHELL.

I agree heartily with Dr. Mitchell in what he has written above and hope that Dr. Rothrock's plan may be tried and may succeed.

J. FORSYTH MEIGS.

I most heartily concur with Drs. Meigs and Mitchell, and warmly endorse Dr. Rothrock and the plan he proposes. I have known Dr. Rothrock for some years and have entire confidence in him in every way.

FRANCIS G. SMITH,

[Professor of Institutes of Medicine in Medical Department of University of Pennsylvania.]

PHILADELPHIA, Dec. 25, 1875.

Professor J. T. Rothrock is singularly well fitted, by a varied experience, for conducting the enterprise he proposes. During the rebellion he was actively engaged as a soldier and officer. As a physician of culture and experience, he is highly esteemed; as a naturalist, especially in the department of Botany he is widely known. Few, or none, in this country, have had greater opportunities as an explorer. In 1864 and '65 he was in charge of a party sent to explore British Columbia and Alaska for the proposed overland telegraph; in 1873 he was exploring in Colorado; in 1874 in New Mexico and Arizona; in 1875 in the Sierra Nevada, in California. While in the interval between these years he was in Nova Scotia, New Brunswick, and other comparatively unfrequented regions.

R. A. F. PENROSE,

[Professor in Medical Department of University of Pennsylvania.]

JEFFERSON MEDICAL COLLEGE, }
PHILADELPHIA, Jan. 2, 1876. }

DEAR DOCTOR ROTHROCK: I am delighted to find you are about to open a school on North Mountain for the physical culture of boys,

of a naturally feeble constitution. Such lads exists in considerable numbers in every community, and it is needless to say that many of them are sacrificed to ignorance and to the want of proper training, at a period of life when, if ever, the utmost attention should be paid to the development of physical powers. Of what possible use can high mental culture be to a youth if he is destitute of bodily vigor? Development of mind and body must, so to speak, go hand in hand; as is the one, so must be the other, to bring about perfect symmetry. The situation you have selected for your school is admirably adapted to the object, and I have no doubt your success will be commensurate with your most sanguine anticipations.

S. D. GROSS, [Professor of Surgery.]

1611 CHESTNUT STREET, PHILADELPHIA, December 23d, 1875.

It gives me pleasure to have the opportunity of commending the scheme of Dr. Rothrock in establishing a school of Physical Culture in this state for the benefit of young lads.

The qualifications of the doctor both professionally and otherwise I regard as admirably adapted to ensure the success of such an enterprise.

Very truly,

D. HAYS AGNEW,

[Professor of Surgery, Medical Department of University of Pa.]

PHILADELPHIA, NO. 423, S. BROAD STREET, Dec. 25th, 1875.

Having examined the prospectus of Dr. J. T. Rothrock, of Wilkes-Barre, Pa., and having conversed with him at some length relative to the establishment of a Camp and School of Physical Culture in this state, I take great pleasure in cordially recommending the proposed scheme to the consideration of parents and guardians.

From a physiological point of view there can be no doubt that Dr. Rothrock's method of physical culture supplies a much needed want. The ill effects resulting from the prolonged and more or less severe mental training to which boys are subjected in our higher schools can be largely counteracted and compensated for by systematic out-door exercise, carried on in a healthful country region.

Under the intelligent and experienced supervision of Dr. R., I

have no doubt that the physical development of the boys submitted to his charge will be made to keep pace with, and to support their intellectual advancement.

JAS. AITKEN MEIGS,

[Professor of Institutes of Medicine and Medical Jurisprudence, Jefferson Medical College, Philadelphia.]

By permission I refer to Professor William A. Hammond, 43 West 54th street New York, and to Hon. J. P. Wickersham, Superintendent of Public Instruction.

J. T. ROTHROCK.

JANUARY 1st, 1876.

I learn with pleasure that Prof. Rothrock is to establish and conduct a summer open-air school for Physical and Scientific Culture. This is an excellent undertaking, and Dr. Rothrock is peculiarly fitted for the charge of it; combining as he does a high order of scientific knowledge and training, and eminence in the medical profession with much experience in wood-craft, and open air life, and an enthusiasm tempered by sound judgment which must make him a capital leader and guide for young people. I can hardly imagine how a lad of good sense and spirit can pass a summer more pleasantly and profitably than in this society.

ASA GRAY,

[Fisher Professor of Natural History, Harvard University.]

WASHINGTON, Jan. 24th, 1876.

MY DEAR DR. ROTHROCK:—I am pleased to learn by your circular that you propose to start a school of Physical Culture during the coming summer, and from my knowledge of your qualifications as a traveler and explorer as well as naturalist, I am satisfied that the boys who may be members of your organization will have every opportunity for thorough training and experience in out-door life, under the best circumstances, the benefit of which, continued for several months cannot be over estimated. I wish you every success in your enterprise.

Yours truly,

SPENCER F. BAIRD,

Assistant Secretary of Smithsonian Institution.

NEW HAVEN, CONN., Jan. 7th, 1876.

If "I were a boy again" I should assuredly beg to be sent for a summer or two to Dr. Rothrock's Physical Culture School. At any good school a boy may learn Latin, Greek, Algebra, History, etc., etc., but at none that I ever heard of could he learn the most useful arts of, *How to take good care of himself. How to see things. How to use his hands and his fingers. How to shoot a bird, or it may be a bear, and how to catch a fish.*

These things are commonly learned best by boys who play truant oftenest; but here is a fine chance for a boy to acquire all the useful arts and sciences of the truant-player, while he is still an obedient pupil and generally a "good boy."

Dr. Rothrock's high attainments as a naturalist are abundant warrant for the *science* to be taught at his projected school, and his long experience in the regions of the Rocky Mountains, and in the civil war, give assurance of his fitness to instruct in the proposed *Arts*.

DANIEL C. EATON,

[Professor of Botany in Sheffield Scientific School of Yale College.]

My acquaintance with Dr. Rothrock extends through a number of years, and I am satisfied that his thorough knowledge of wood-craft and all matters connected with out-door life in combination with his scholarly and scientific acquirements admirably fit him to become a leader in the establishment of such a school of physical culture, as he contemplates. He has my best wishes for his success.

THOMAS C. PORTER,

Professor of Botany and Zoology, Lafayette College, Easton, Pa.

December 22, 1875,

NEW YORK, Dec. 23, 1875.

DR. J. T. ROTHROCK—My Dear Friend: The prospectus of your proposed "North Mountain School of Physical Culture," has been examined with much interest.

If three years of continuous camp life qualifies one to judge of its effects upon those who follow it, I am sure that you have not presented its claims in too strong terms. Even four months in camp must result in great benefit to the boys for whom your school is intended; not in bodily health only, but in training the mind to study without

books, and in the proper use of the eyes. Aside from these, there are many ways in which a summer in camp will do much in the formation of character. Only those who have led such a life know how soon each one finds his proper place, and learns to properly respect the rights and regard the comfort of his associates, or how much of self-reliance and readiness to act in emergencies are required. Not the least useful of camp lessons, and one generally needed by boys, is the proper care of one's personal effects, whether many or few, and the necessity for economy in useful little things, which at home may be had for the asking, but which cannot be replaced in camp. A boy can hardly fail to leave camp more of a man than when he entered it four months before. Here I am reminded of a trouble which your prospectus does not provide for: you propose to break up on Oct. 15th; when not one of the boys will want to leave, and each one when he gets home will have a fearful attack of *nostalgia*.

I am so favorably impressed by your plan that I wish I could, in some way, aid what seems to me so useful. If it will be of any service you are at full liberty to say, that in my opinion you are fitted to carry on such a school, and I should be most glad of an opportunity to express my opinion of your knowledge of wood-craft and camp-life in all its aspects; to say that whether, as a medical man, or as a naturalist you have the knowledge and ability requisite to teach; and what is perhaps the more important in this particular case—the power of controlling others by (as happily expressed in your prospectus) “mutual confidence and personal friendship.”

I wish your school much success, and am sure, if it meets, among the parents of boys whose heads are crammed and bodies starved, the encouragement to which its merits entitle it, you will have a large and interesting gathering.

Very sincerely yours,

GEORGE THURBER,
[Editor of American Agriculturist.]

MY DEAR DOCTOR: I have heard with much pleasure of your proposition to establish a school for the physical and mental culture of boys, and most heartily do I agree with you, that an institution of this nature has long been needed in this country.

From my personal knowledge of you, based upon a long and intimate friendship, and association in the field, I can say, that to no one would I rather entrust a boy of mine; knowing as I do how thor-

oughly competent you are to teach everything you may propose to do.

That the scheme may prove a success (and I feel assured it will) is my heartfelt wish.

Very truly Yours,

H. C. YARROW,

Surgeon and Zoologist to expedition for exploration west of the 100th Meridian.

NEW YORK, Dec., 23d, 1875.

DEAR DR. ROTHROCK:—It gives me pleasure to know that you think of commencing a Physical Culture Camp. It has always struck me that something especially of this kind was wanted. A wholesome out-door life, with study of nature and the combinations of nature cannot but be beneficial. It would be a famous commencement for the surveyor, engineer, geologist or miner—and, moreover, I opine you are the man to introduce youth pleasantly to the universal mother and to teach the meaning and relation of her mysteries.

Wishing you every success, I am yours faithfully,

WILLIAM HUMPHREYS,

Editor of "Rod and Gun."

See Philadelphia Medical Times January 22nd, 1876, p., 207.

A description of the North Mountain House and its surroundings as a summer resort is found in Bachelder's "Popular Resorts and How to Reach Them" p. p. 184 to 192 inclusive.

